



**NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS**  
**JOINT FORCE HEADQUARTERS**  
3650 SAYLORS POND ROAD  
FORT DIX, NEW JERSEY 08640-5606

**ARMY BULLETIN NO. 16**

**11 March 2004**

**SEMI-ANNUAL AGR ARMY PHYSICAL FITNESS TEST AND WEIGH-IN**

1. References:

- a. AR 350-1, Army Training and Education
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training
- d. AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR APFT will be conducted on Monday, 10 May 2004 IAW enclosed schedule (see Enclosure 1). The test will be administered at Building 3650 and APFT field/track located at 18<sup>th</sup> Street and Alabama, Fort Dix, NJ. All Personnel will report to Bldg 3650 for weigh-in, push-up and sit-up events. Alternate stationary bike event will also be administered at Bldg 3650. At the conclusion of the sit-up event all personnel required to take the 2-mile run, 2½ mile walk and alternate bike event (track) will report to the APFT Track at 18<sup>th</sup> St and Alabama.

3. The inclement weather date for this event is 17 May 2004.

4. All AGR soldiers will attend the event, unless specifically excused by the Chief of Staff. Requests to be excused will be initiated by the individual in writing, through their chain of command, to the Chief of Staff.

5. APFT Schedule: See Enclosure 1.

6. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [IPFU] is the only authorized. No elements of the PFU (old) are authorized for wear with the IPFU).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the IPFU shorts.

- b. Headphones are not authorized during the conduct of the test.

7. Report location is Bldg **3650**, in PFU uniform, to include soldiers on profile.

8. Administrative Requirements for each MSC and J-Staff Section:

- a. A roster of all **Excused** AGR personnel (See format in enclosure 2) will be forwarded to this HQ ATTN: J1 - AGR Manager, CW4 Niedt, NLT 1 May 04.
- b. Temporary and/or Permanent Profiles since **15 Oct 03** will accompany rosters. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. The office of the **J 1, ATTN: CW4 Niedt, retains copies of profiles and the DA Form 705 for each AGR soldier.**

9. Taskings for events and equipment support.

- a. J3 schedules, procures, and clears APFT site for the event. Provide 15 clipboards, 3 stopwatches, 4 road vests, and 125 APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Schedule APFT site for 10 May 04 and 17 May 04 if event is postponed due to inclement weather. Provide two stationary bicycles with ergometers, mats for push-up/sit-up events at Bldg 3650 and two track bicycles at the APFT track. Provide large digital finish line timing clock.
- b. J4 provides water with cups at Bldg 3650 and the APFT track; two scales and tape measurers for height/weight verification in drill hall, Bldg 3650 and lunch for 50 support personnel at Bldg 3650 at 1300hrs. 3 Buses will be provided to transport soldiers from bldg. 3650 to the APFT track.
- c. J6 disseminates this correspondence electronically and in distribution as an Army Bulletin to each NJARNG unit. Provide six hand-held radios for event.
- d. NJARNG Medical Det provides 4 medical personnel to support APFT and screen profiles at Bldg 3650.

10. Taskings for Site Support:

- a. NJARNG Master Fitness Trainer's (MFT's) will administer APFT and weigh-in. MFT's will be contacted directly by the J-1 office. ***ALL AGR MFT's supporting the APFT and AGR support personnel will report to Bldg 3650 on 7 May 2004 at 0900 for APFT/Weigh-in.***
- b. 42<sup>nd</sup> DISCOM provides 3 military bus drivers (Licensed) for shuttle between Bldg 3650 and PT Track.
- c. 57<sup>th</sup> Troop Command provides 5 soldiers for APFT administration, checking in testing personnel, passing out vests, performing road guard duties (during the Run/Walk/Bike phase) at the corners of 18<sup>th</sup>, 16<sup>th</sup>, Buffalo and Alabama Streets. These 5 personnel will report to the Bldg 3650 to LTC Chimienti, APFT OIC.

d. A grade the grader APFT will be conducted on 7 May 2004 at 0900 hours, same location. All MFTs and support personnel (AGR) will attend this test. The test will be administered to the MFTs by the Drug Demand Reduction Team, led by MAJ John Sheard. All setup will be accomplished by the J-3T and J-1/HRO Shops. MAJ Sheard and his personnel need only show up.

11. Coordinating Instructions:

a. APFT support OIC's and J-Staff will back brief their support plans to the J-3T on 23 April 2004, 0900 in the Conference Room A, Bldg 3650.

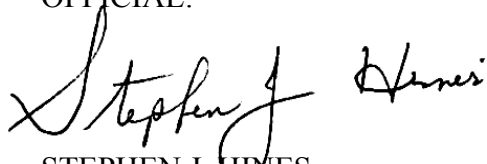
b. The drill floor at HQ, NJNG will be set up NLT 6 1200 May 2004.

c. Scales will be calibrated at the time they are set up on the drill floor.

12. All requests for excusal from this event will be in writing, through the chain of command to the Chief of Staff.

13. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:



STEPHEN J. HINES  
COL, GS, NJARNG  
Chief of Staff

GLENN K. RIETH  
Brigadier General, NJARNG  
The Adjutant General

DISTRIBUTION: A, A2, B, C

2 Encls

1. Schedule

2. Roster Format for AGR Soldiers

## APFT SCHEDULE

<u>MSC/UNITS</u>	<u>REPORT TIME</u>
All 50 <sup>th</sup> Bde Units T3BL	0730
All 42 <sup>nd</sup> DISCOM Units HQ STARC 254 <sup>th</sup> RTI, RTS-M, 63AB, Det 19 OSA	1030
All 57 <sup>th</sup> Trp Cmd Units NJARNG R&R Det	1330

Encl 1

**AGR APFT ROSTER (*Excused Personnel Only*)**  
(Unit and MSC)

<u>RANK</u>	<u>NAME</u>	<u>UNIT</u>	<u>APFT Events</u>			<u>Alternate Aerobic</u>
			<u>PU</u>	<u>SU</u>	<u>Run</u>	<u>Event &amp; Profile Info</u>
SGT	DOE, JOHN	CO C 2/113	X	X	X	
CPT	DOE, JAMES	CO C 250 SIG	X	X		Bike (Track)-Age 56
SFC	SMITH, ALLEN	2-102 AR		X	X	Perm Profile (12 Jan 1999)
2LT	JONES, WILLIAM	HHC 5-117 CAV				Temp Profile (Exp 20 Oct 02)
SSG	KIDDEN, U. GOTTA	3-112 FA	X	X		Bike (Stationary)-Perm Profile (17 May 01)
MAJ	MAJOR, MAJOR	1-114 IN		X		Walk-Perm Profile (27 Oct 00)
SSG	O'DOLLY, HILL	CO C 2/113	X	X	X	

X – Indicates soldier takes the APFT event

Blank entry – Needs listing of type and date of valid military profile. Civilian “profiles” are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)

Encl 2